Most of the dwellings in Bang Chan flanked the canals that stretched away from the temple area. All houses were in sight of one or more other houses, if not standing side by side. Here and there they formed small hamlets where kinsmen tended to live in proximity. Around the houses were kitchen gardens and threshing floors, and behind them, the fields. Bananas grew abundantly; pineapples, mangoes, and other fruits occasionally. The canals were full of water-vegetables, cultivated or wild, while fish were plentiful. Water sources were the rain, kept in large jars; artificial ponds dug near the houses and fed from ground water; and the canals. No wells existed. The large tile roofs of the temple collected a good deal of rain-water which was available to anyone during the hot season when all water ran low.

General Nutritional Level

The population was physically well-formed with few physical deformities evident. There was little obesity or emaciation. The daily diet (cf. Hauck, et al.:passim) consisted of large quantities of rice, with small amounts of fish, meat, vegetables, fruits, spices, and eggs. Food at the not-infrequent festivals was rich in meat, eggs, and sugar. No milk was available except canned imports, and little was used. "Nevertheless, though caloric deficiency ('hollow hunger') was not prominent, over half of a sample of the population inspected medically had one or more signs of malnutrition. Even in a group chosen for research reasons for apparently good nutrition, about one in four had some such sign and in another group, selected for evidence of poor nutrition, two out of three persons had such."[2] The nutritional level in Bang Chan did not always correlate absolutely with economic level, for nutritionally one of the poorest families was found to be one of the best fed because the father did so much fishing and collecting of green canal vegetables. The change-over, some decades ago, from home pounding of rice to steam milling by most families had probably been a major factor in increasing nutritional deficiencies throughout the community.

2. Dr. H.M. Hauck, personal communication, 1959.

People used their knowledge of food properties to ameliorate their physical condition. During lactation, for instance, women ate vegetables or not "depending on the condition of the baby," for breast milk was very easily affected by adverse properties. In the broader context of general dietary needs, people entertained ideas about the suitability of certain foods to certain ages, sexes, occupations, conditions, and occasions (Hauck, et al: 47-50). Nevertheless, persons often risked an undesirable effect in food for pleasure. The proper banana variety for ritual use was the tiny kluai nam, yet it was not planted much in Bang Chan because the people "did not like the taste." They substituted the "pleasant-tasting" kluai nam wā. Here orthodoxy came off second. The heat of alcoholic drink relished by men and older women often pressed the margin of safe temperature control. The cobra--turtle--or chicken--plus--alcohol feasts exemplified how readily the elders gambled even on the increment of sin from eating meat, or risked an over-heated temper, for the joy of eating such cherished delicacies.

Food dislikes, if temporary, reflected an imbalance of elements; if usual, an individual constitutional set of the person's elements. To eat disliked food was therefore positively harmful. To urge someone to eat disliked food was wrong.[16]

Illness

All illness, anxiety, and soul loss was caused by intrusions from outside the body. The intrusion might be from a supernatural source (wisāt:powerful) or natural (tām thammachāt) (Textor:10) but in either case the result was the same: disruption of the elements. Anxiety, whether caused by a social situation such as fear of frustration, by a broken bone or by a fever, also was a disruption of balance. An attack by the supernatural disease missile, "khun"[17] gave rise to the classic symptoms of wind-excess: "a man cried all the time and had flatulency." Elements were also disorganized by spirit attack. The victim suffered hysteria, paroxysm, flatulence, convulsion,

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16. Phillips (p. 65) reported that parents did not give their child a disliked medicine because "it offends him.... It is better not to give it to him than hurt his feelings."

17. This small skin missile invaded the body and then expanded to the size of a buffalo. Intentional attack (sorcery) might kill; accidental, merely pained (cf. Textor:116-127). Suspected khun was one of the few reasons why a family would authorize so grave a violation of the body of a deceased member as an autopsy.

2: Hauck et al. D,E-5 (1952-1954) 1958 AO7 Central Thai AO7
Bang Chan

SUMMARY

A general description is given of conditions in a
105 Siamese rice village, 1952-54, as they relate to food supply
26 and food habits. Activities at various seasons of the year
[22[are described. The heavy work seasons occurred during trans-
planting and harvest. In the dry season, many ceremonials
and festivals were held in which food played an important
role. Such occasions provided opportunity to "make merit"
and add to one's prestige as did the regular offering of
food to the priests, throughout the year. The relatively
large financial obligations undertaken by those sponsoring
ceremonies was a major factor in the economy of the village.

105 Food was mostly home produced and an important factor
262 in the standard of living was the number of productive hands
433 available. Rice was the first essential for any meal. Home
milled rice was used, even in part, only by a minority of
households. Fish, fresh or preserved, was the food next in
importance to rice. Use of flesh foods other than fish was
probably inhibited by Buddhist tenets which prohibit the tak-
ing of life, but some poultry, oxen, and other flesh foods
[235] were used. Nearly all of the families in Bang Chan raised
[433] chickens, and some raised ducks, but about 3/5 of all eggs
produced were sold. Every family had some sort of kitchen
[244] garden, including banana trees and other plants, but spices
[245] and chili were much more commonly grown than vegetables and
[22[fruit. Swamp cabbage, the green leafy vegetable used most
often, grew wild in the canals. A calendar of fresh foods
commonly used in Bang Chan is presented.

[443] Cash expenditures for food were small. When canals
were navigable, boat venders brought produce and during the
busy work seasons farmers often bought fish as well as the
usual foods: onions, garlic, limes, coconut, palm sugar and
small amounts of vegetables.

[434] Many households increased their income by the sale of
eggs, vegetables gathered from the canal and other items.
[178] Culture of tilapia and mushrooms, begun during the period of
study, was undertaken by a considerable number of farmers be-
tween 1953 and 1955. Both enterprises were apparently regard-
ed primarily as a supplementary source of cash rather than
as a means of improving the home food supply, and both
efforts had been largely if not entirely abandoned by 1957.

105 Preparation of some typical dishes, meal service and
264 techniques of eating are described. For adults, two meals a
day were usual, except during the busy work seasons when a
third meal might be eaten. Menus were similar for all. Two
observations from records of school children were 1) that
over 90% of them ate snacks, many of which were bought from
venders on the school grounds. Sweets and fruit were the

221 132 243 244 245 262 434 503 796 871

Chart 1. SEASONAL CYCLE - BANG CHAN, THAILAND, 1953-54

	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.
Season	→ ←WET→							←COOL→			←HOT→	
Temperature (°C)[1]	30	29	28	29	29	28	26	25	25	28	30	30
Humidity, rel., %	77	80	81	81	80	78	74	70	70	65	66	67
Rainfall	→heavy		moderate	←heavy→		←light→			←negligible→			
Canals		rising			high	(floods)			lowering fast			low,dry
Cultivation of Rice		plowing→ seedbed grown				growing	early var. mature					
			TRANSPLANTING				←HARVEST→					
School			vacation					vacation			vacation	
Cash available Source	cash in hand→					←cash shortage→				cash in hand→		
		rice			cash jobs→				main rice sale			
Fruit;vegetables	→	←new planting→							←annuals die→			
Fish: Supplies	ponds drained→								←ponds drained→			
Maturation			←many varieties→						←best varieties→			
Preserving	←much→		←moderate→						←most→			
Ceremonies	ceremonies→			←Buddhist Lent→						←ceremonies→		
Dietary survey	→	←Round I→		←Round II→			←Round III→		←Round IV→			

1. Mean temperatures and relative humidity estimated from charts for Bangkok and the central plain of Thailand (Bunnag and Dhararak, 1947). Mean monthly temperature range from 25-30°C corresponds to 77-86°F; diurnal variations are greater, averaging 18°F (10°C) in April and 22°F (12°C) in January.

2: Hauck et al. D,E-5 (1952-1954) 1958 AO7 Central Thai AO7 Bang Chan

244 Vegetables and Fruit. - Although kitchen-gardening has been encouraged by the Thai government, vegetables and fruit were grown in Bang Chan to a limited extent only. Every family had some sort of kitchen garden, but many edible plants which can be grown in the village were grown by relatively few families. The list of fruits grown in Bang Chan in 1948-49 (Sharp et al., 1953) included four times as many items as were grown by one or more of the 11 families that participated in the dietary study. The list of vegetables and spice plants grown or gathered by these families included 27 items, as compared to 41 listed by Sharp et al. Spices and chili were more commonly grown than vegetables and fruit.[1]

[433] [245] [244]

244 One affluent household whose food expenditures for 1949 245 were reported by Sharp et al., (1953, pp. 214-215) produced 433 for home use, 125 kg. of palm sugar valued at 200 baht and 500 coconuts, valued at 450 baht. Home production of both of these was unusual. Few families in Bang Chan grew either sugar palms or coconut palms and expenditures for coconuts and palm sugar were usual. During the major flood of 1942, villagers noted that coconut palms survived whereas all other fruit trees were destroyed. After this, a number of farmers planted coconut palms, but they had not yet begun to produce.

361 311 [351] In 1954, about 120 acres (300 rai) of the total of about 2800 acres (7000 rai) of land in the village were used for home sites and home gardens for 336 households. Individual home sites usually varied in area from about one-quarter to one acre, and were occupied by buildings, threshing floor and space for poultry as well as trees and garden space. Portions of this might be under water for several months of the year. Increased home production of fruit and vegetables would in many cases necessitate increasing the size of the home site by purchase, mounding or both. Ordinarily, increased land for the kitchen garden was obtained at the expense of some of the

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[245] [249] [262] [222] [262] [245] 1. In a typical farm garden in Bang Chan one would find bananas growing, and a number of plants used for seasoning curry. Various kinds of chilies, lemongrass, bergamot, of which both rind and leaves are used, and galangal were grown by all families who participated in the dietary study. Both sweet and holy basil were commonly grown. Many families grew one or more varieties of gourds and of eggplant, some of which can be trained to grow on a tree or trellis. The inflorescence of the banana was also used as a vegetable. Leafy vegetables were not commonly cultivated but some families grew (2)phag (2)ka-(2)cheed, a green water plant, in gardens staked out at the edge of the canal, or in a pool, and some had trees, the leaves of which were edible. Swamp cabbage or (2)phag (3)bung grew wild along the edge of the canals and was the most commonly used green leafy vegetable. A few families grew guava, jujube, star gooseberry, Manila tamarind, mango and pineapple.

might provide clues to ways in which the diet may be improved. Most of these items were included in lists given by Sharp et al. (1953)[1]. To those lists should be added the following items from our food records:

Green leafy and yellow vegetables: Leaves of bergamot, chili, morinda, onion, potato, pumpkin, (2)sa-(5)noo, and of the following trees: (2)ma-(1)dan, (4)khlyb[2] and West Indian pea tree; (2)kha-(1)cauaun flowers.

Other vegetables: flowers of leek and pumpkin, and Chinese or black truffle (water chestnut).

Fruits: Thai nutmeg and tomato.

Fresh foods other than fish: buffalo, duck, cobra, turtle and field rat.

At the end of Chart 2, sources of water for drinking and food preparation have been included, not only because water is properly considered a nutrient, but also because the water used in preparation of food may affect the wholesomeness of foods eaten raw or with little cooking.

Untreated water was the customary beverage with meals. Ordinarily no distinction was made in source of drinking water for children and adults although boiled water was given to mothers and infants to drink during the post partum rest period (Hauck, 1956). Occasionally a sick person would be given boiled water to drink; for example one man who said he was "a little sick" and "not working" was observed to drink hot boiled water from a thermos bottle. In 1955, Ralis[3] found that tea was seldom or never drunk by nearly 3/4 of the respondents. Less than 7% drank it frequently. Thus in Bang Chan no custom had grown up which would afford the general population with a measure of protection against infection from

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1. See Sharp et al., 1953, pp. 193-196 for a list of 32 fish known to be found in Bang Chan; pp. 293-294 for 34 fruits grown in Bang Chan, and p. 295 for 11 fruits known to be used but not grown there; pp. 296-298 for 41 vegetables grown in Bang Chan, and pp. 299-300 for 24 other vegetables used.

2. (4)Khlyb was the term used in Bang Chan for an unidentified tree of the family Leguminosae. Its sweet tasting leaves were washed in boiling water to get rid of a bad odor, then were eaten with (4)nam (4)phrig, a chili sauce.

3. Golden and Ralis, 1957, p. 57. The answers to: "Do you drink tea frequently, occasionally, seldom or never?" were: often, 22; occasionally, 68; seldom, 158; never, 85.

262 753 853 constipation in infants, others that it caused diarrhea, whether eaten directly by the infant or by the mother.

The belief that eggs would cause dental caries, and should therefore be omitted from children's diets, was expressed by the mother in a poorly nourished family. The possibility that such ideas arose from unwillingness to spend much money on food for a child has already been noted (see p. 42).

262 753 758 Information on food suitable in illness was obtained only incidentally. The Thai did not appear to have a consistent theory as to the cause of disease (Sharp et al. 1956, p. 489), and residents of Bang Chan did not seem to associate any of their illnesses with contaminated food or water. Choice of food in illness was probably associated in some instances with the idea that the body is composed of the four elements: wind, water, fire and earth, and that sickness results from or is a symptom of imbalance in the proportions or arrangement of these elements. Thus the "fragrant banana" and eggs, because of their "cooling effect," were said to be forbidden in measles. A child who was getting measles was restricted to rice and dried fish. In contrast the small, [853] rather flavorless banana, designated (3)kluaj (4)nam-(4)waa, was said to have "no cooling effect" and was considered an acceptable food in illness, as well as for newborn infants.

262 758 784 In one instance, when a patient had been taken to the hospital with severe diarrhea, a nurse instructed other family members not to eat ices, syrup (see p. 36), or raw vegetables, nor to drink unboiled water. The informant who told us about this offered no reason for these precautions. These foods were simply "forbidden" to the family of a patient with severe diarrhea.

777 824 245 Notions as to what is fortunate or unfortunate may also affect agricultural processes. The many ceremonies associated with culture and use of rice have been mentioned (p. 42). The idea that a papaya tree growing near the house was "unlucky" was attributed to Thai by a young Thai Moslem in Bang Chan. When we commented on the papaya tree near his front door, he said the papaya tree dies easily and does not like water, but his was planted on high ground. According to this informant few villagers would be willing to grow papaya trees near the house. He considered the non-specific threat of harm as unreasonable, though he said that if specific harm were said to [777] result, he would be concerned about it. The midwife at Minburi Health Center said that she urged each woman who came there for delivery to have more banana, mango and papaya trees planted for home use. Before raising of papayas can be successfully encouraged, however, the idea that papaya trees bring back luck must be overcome.

511 appeared to account in large part for the greater cash expenditures of some families than others. Thus Household 25, with the highest total and per capita cash expenditure for food among these 11 families, consumed a larger quantity of meat than others, and often bought beef, which was the most expensive item purchased. This household bought fruit, meat, and vegetables from venders almost every day. They said [554] [922] "Some do not pay money to buy food, but pick or get it from the canal or gardens --this family cannot live like that because they come from a rich family and cannot live on poor food, so most of the money goes for food." The husband said "I cannot work on poor food." In Group A, Household 12, which had the highest per capita food expenditure, had little home produced food. The wife, who went to Bangkok often, usually bought food when in town. Household 2, with a total cash expenditure for food higher than others, did not have pork or beef on survey days, but ate more (1)plaa (1)thuu, a sea fish which is purchased.

433 511 Home Production of Food. - In keeping with the general pattern in the community, the families surveyed produced most of their own food.

243 [465] 256 [262] Rice. - The hired laborer received rice as part of his pay, but all other families produced their own. Seven households used polished rice exclusively (Table 9). The only one to use home pounded rice in major part was Household 103. This family lived near a little canal which was dry in summer, so they were using home pounded rice when visited toward the end of March and in mid-July (Rounds IV and I). When the observer came in January (Round III), transportation of rice to the mill by boat was possible, but the family members had little farm work to do and were willing to spend some time milling rice. This family, which lived in the home-milling area (see p. 40), took rice to be milled only during the harvest season when they were busy, and the level of the canal was still high. The families which used home pounded rice in minor part did not live in the home-milling area, and apparently milled rice at home only when they were unable to get to the mill by boat.

244 [854] [845] Fruits and vegetables. - Although the Thai government has attempted to encourage kitchen gardening, few vegetables and fruits were produced by the families which cooperated in the dietary study (Table 10). All families grew bananas, and certain common ingredients of curries: chilies, bergamot, galangal and lemongrass. No other plants were grown by as many as half of the families studied.

222 262 Of the edible plants which grew wild, swamp cabbage was used by 7 families on 11 of the 44 survey days. Bamboo shoots, the white flowers of the West Indian pea tree and yellow (2)sa-(5)noo flowers were used by 3 families on one day each;

294
295 Table 10. List of Edible Plants Grown by the Two Groups of Households Studied

Name of plant[1]	Number of Families	
	Group A	Group B
Green and leafy vegetables		
Basil	3	1
Bean, string	1	-
Chili	6	5
Coral[2]	-	1
(3)Khii-(2)leg[2]	1	1
(4)Khlyb[2]	-	1
(4)Ma-(1)dan[2]	2	1
Morinda	-	1
(2)Sa-(1)daw[2]	-	1
Other vegetables		
Bamboo	1	2
Calabash	3	1
Egg plant	2	1
Gourd	1	-
(2)Kha-(1)cauaun	1	-
Mushrooms, straw	1	1
West Indian pea tree[2]	1	1
Fruits		
Banana	6	5
Guava	1	1
Jujube	1	-
(4)Ma-(1)dan[2]	2	1
Mango	1	1
Manila tamarind	1	-
Star gooseberry	1	-
(2)Ta-(1)koo	-	1
Spice plants		
Bergamot	6	5
Galangal	6	5
Ginger	2	-
(2)Ka-(1)chaaj	1	2
Lemongrass	6	5

1. See list, Appendix C, p. 126 for botanical names.

2. Trees

*243
132
137 to the buffaloes will be gradually reduced by the process
231 of land preparation.

The homelot is usually surrounded on all sides,
244
245 except the one facing the canal, with bamboos which serve
351 to protect the farm home from strong wind. Within this compound there always is a kitchen garden where a variety of plants and vegetables for everyday use are grown. If the homelot is large, there may be enough room at the backyard for an orchard where fruit trees may be grown. In some cases, aquatic plants are cultivated in the canal in front of the house.

137 In addition to cultivated plants, there are to be seen also wild shrubs and vines which are more or less restricted to small strips of land along the banks of the canals. Wild aquatic vegetables, especially the morning glory, are always seen in these canals, making them appear narrower than they actually are.

Livestock

231 Buffaloes: As in most of the rice producing areas of the country, so in Bangchan buffaloes are used in all kinds of farm work where the help of draft animals is needed. Since the village is without land which can be grazed the year-round, buffaloes are not locally bred but are brought in from the northeast and other parts of the kingdom. To be sure, there are some local-born buffaloes, and these are considered to be stronger and to live longer than the imported

7: Janlekha X-4,5 (1948-1953)p956 AO7 Central Thai AO7
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243 buffaloes heretofore undreamt of and will have to bear
231 the consequent burden of increased cost of producing rice.
311

Some description of the homelots which constitute
311 almost five per cent of the land area of Bangchan has already
351 been given in the section on vegetation, Chapter II. From
[231] the standpoint of land utilization, functions of the homelot
[235] other than providing standing room for the living quarters
[244] may be mentioned as follows:
[245]
[226]

1. It provides space for threshing and for storage of rice and farm equipment including buffaloes.
2. It provides room for chicken or duck raising.
3. It provides land for a kitchen garden, and for fruit and vegetable growing.
4. It provides space for fish trapping by the draining method.

To serve these functions, homelots in any rice growing village, where the fields are submerged under water during the entire life of the rice plant, must be high above water level during the flood season, must be well drained, and must have pools with ample shade.

243 Rice land in its natural state does not meet these
311 requirements for a homelot. In the first place its level is too low. Second, the impervious layer of clay characteristic of rice land does not permit soil drainage. To make a homelot out of rice land, it is necessary that the prospective site be mounded up to a level two or three feet higher than the level of the surrounding fields. The hole from which

262 averaging 174 kilograms annually per family. It should
244 be noted here, as will be elaborated in the section on
433 consumption in Part II of this study, that while most respondents could fairly well estimate their rates of consumption of such items as rice and fish sauce which were somewhat constant, they were not as good in estimating their consumption of vegetables. Furthermore, while admitting that they did buy some vegetables during the year, they were reluctant to give any estimate of the purchase for fear of too much inaccuracy. At most, they were willing only to say that the amount of vegetables purchased was only a small fraction of what they produced or acquired freely from the canals.

• 245 Fruit production was even more difficult to estimate
433 than vegetable production, and we had to be content with only qualitative information which appears in the section on vegetation on pages 42-43 of this study. Our records show that a few families reported nominal incomes of some forty or fifty baht annually from sale of fruit to neighbors.

Table 17 shows estimated village production and surpluses of farm products other than rice, namely, chicken eggs, duck eggs, fish, vegetables, and fruit. The estimates are based on the poultry survey of 1949 and the consumption study of 1953.

*243 While the methods of selling and storing paddy enable
433 the farmer to know the exact amount of his crop, which condi-
*128 tion leads to our confidence in the accuracy of our estimate

[TEXT CONTINUED ON PAGE 129]

*243 requires much additional hand labor and reduces the possibil-
242 ities for mechanization to a minimum. On the other hand, the more labor intensive transplanting method would seem to be more suitable to a population pressure area like Thailand if it really gives as relatively higher a yield as it is claimed to give.

*243 Farm equipment

351 In Thai agriculture, it is very difficult to separate
[235] the farm from the home. In the chapter on the community it
[244] has already been indicated that the home lot not only is the
[245] living place for the farm family but also provides space for
[226] threshing and for storage of farm equipment, room for chicken raising, land for kitchen garden and for fruit and vegetable growing, and space for fish trapping by the draining method.

*243 In other words, all the material components of the farm, except
351 the rice fields, are located or stored on the home lot. Here,
422 items that are uniformly or frequently found include:

A. Household equipment

1. Buildings
2. Furniture
3. Bedding facilities
4. Kitchen accessories
5. Storing facilities
6. Lamps of various sizes
7. Ritual accessories

B. Farm equipment

1. Farm building: equipment and buffalo shed.
2. Implement: plow, harrow, yoke, roller, shovel, spade, hoe, weeding knife, noria, sickle, pitch-fork, rake, broom, winnowing machine, wooden winnowing spitula, basket, mat bin, box bin, home-mill.

7: Janlekha X-4,5 (1948-1953)p956 AO7 Central Thai AO7
Bangchan

[243] [434] [433] income and operator's labor earnings lies in the value of farm produce consumed by the family. Earlier, five kinds of produce were listed -- rice, fish, eggs, fruit and vege-[235] tables. For technical reasons, we consider only rice and eggs as products of the farm, rice being the primary crop [226] and eggs the secondary crop. Fish is not considered a farm product because Bangchan villagers fish for consumption, not for sale. Besides, fishing is done by every resident of the village, farmers and non-farmers alike. It is thus [244] more of a way of life than an economic enterprise. The same [245] is true for fruit and vegetable growing which is done in a very small scale.

If we agree on considering only rice and eggs as the products of the farm, it is not difficult to estimate the amount and value of farm produce consumed by the family for Bangchan operators can readily give a rather accurate information on their rates of consumption of these two products. Thus, under Bangchan condition the figure for operator's earnings is not as difficult to obtain as it appears to be the case among most American farms. The frequency distribution of operator's labor earnings of our 104 sample-farms is given in Table 48. It is seen that only 17 farms produced negative remuneration for the operator computed by this method as against 47 farms by the labor income method. As Professor Warren has said, of these two, labor earnings is a better [171] measure of profits. It is especially so in Bangchan and perhaps in other agricultural regions in Southeast Asia

[TEXT CONTINUED ON PAGE 306]

7: Janlekha X-4,5 (1948-1953)p956 AO7 Central Thai AO7
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APPENDIX D

LIST OF FRUIT GROWN IN BANGCHAN

• 245

Thai name	English name	Season
Chompu	Rose apple	Mar. - April
Farang	Guava	Aug. - Sept.
Khanun	Jack fruit	Nov. - May
Kluay	Banana	all year round
Kraton	Santol	Oct. - Dec.
Lamud	Chico	Nov. - April
Mafai	Rambeh	Mar. - April
Makham	Tamarind	May -- Jan.
Makham-pom	. . .	Nov. - Feb.
Makham-ted	Manila tamarind	Dec. - Feb.
Makorg	Hog plum	Jun. - Sept.
Makrood	Kaffir lime	July - Oct.
Malakor	Papaya	all year round
Mamuang	Mango	April- June
Manao	Lime	July - Nov.
Maprao	Coconut	all year round
Maprang	Marian plum	Feb. - Mar.
Mapud	. . .	Mar. - Jun.
Matum	Bael fruit	July - Oct.
Ma-ug	. . .	all year round
Mawaeng	Sparrow's brinjal	July - Oct.
Mayom	Star gooseberry	Dec. - May
Noina	Custard apple	Nov. - Dec.
Phudsa	Jujube	Dec. - Jan.
Sapparod	Pineapple	May - Jun.
Som-khiewwan	Tangerine	Nov. - Dec.
Som-o	Pummelo	Sept.- Jan.
Som-sa	Sour orange	all year round
Tabtim	Pomegranate	all year round
Wa	Java plum	April
Yor	Morinda	all year round

(. . .) Not available.